

# bodyMIND

Your Monthly Guide to Good Health



## ALL IN A DAY'S WORK

**M**aking healthy choices throughout the workday can add up to major health benefits over time. By incorporating nutritious meals and other healthy habits into the work week, you can significantly improve your health, increase energy and safeguard your well-being.

### EAT BREAKFAST

By eating a nutritious breakfast, you can set yourself up for healthy eating all day. A healthy and well-balanced breakfast generally includes whole grains, low-fat protein, low-fat dairy, and fruits and vegetables. Together, these foods provide important health benefits and can satisfy hunger for hours. If you find that you are short on time in the mornings, get up fifteen minutes early to eat breakfast or pack a meal to go the night before.

### STRETCH

Sitting at a desk or work station for hours at a time may cause muscular tension in one or more

areas of the body, especially the shoulders and back. By taking several minutes to stretch every few hours, you may relieve tension in your muscles, reduce distracting pain and experience an extra boost of energy.

### INCORPORATE PHYSICAL ACTIVITY

In addition to participating in an adequate amount of physical activity outside of the workplace, try to incorporate some calorie-burning activities into the workday. If possible, walk or bike to work; park farther away from the entrance and walk the extra distance; or take the bus part of the way and walk the remainder of the distance.

### PRACTICE SAFETY AT WORK

Be aware of things you can do to ensure your health and safety in the workplace. Always use the safety equipment provided and point out any safety hazards that you recognize to your supervisor or manager. Learning to identify the hazards in your workplace and the proper way of working with or around each one will help assure that you stay healthy and injury-free.

### MAKE HEALTHY CHOICES FOR LUNCH AND SNACKS

Like breakfast, lunch should be well-balanced and provide important elements of nutrition. Strive to eat a variety of fruits, vegetables, lean proteins

and whole grains. Limit foods and drinks high in salt, sugar, fat and calories. Drink plenty of water throughout the day.

### MANAGE STRESS

Effective stress management is a vital part of overall health and well-being. To manage stress, the Centers for Disease Control and Prevention recommend seeking support from family and friends, staying positive, talking time to relax, and getting 7-9 hours of sleep each night. In addition, it is important to get counseling if stress becomes unmanageable or overwhelming.

**For additional information on health and safety at work, consult your physician.**

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## Do You Have a Primary Care Physician?

### Family Medical Group provides the following services:

- Excellent board-certified doctors
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- Evening appointments available
- Care for Acute and Chronic Illness
- Care of Infants and Children
- Women's Health (pap smears)
- Immunizations
- Health Education
- Mole Removals
- Skin Biopsies
- Vasectomies
- Pregnancy and Deliveries
- Physical Examinations
- Senior Care
- School Physicals
- Sports Medicine
- Cosmetic Laser Therapy



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